

Welcome to the Lake Hills Greenbelt

This walking map is provided to you by the City of Bellevue Parks & Community Services Department and Public Health - Seattle & King County. Our goal is to get people out walking and regularly using Bellevue's wonderful park and open space trail system. The routes highlighted on this map are easy to follow, and will provide you with an opportunity to exercise while learning about interesting natural and historic areas. We want to remind you that physical activity is one of the best ways to prevent disease, and walking is one of the easiest ways to get started and stay healthy.

As you get started, we hope you will be pleased with the variety of opportunities you'll find for fitness and learning as you experience the beauty of Bellevue's park and open space system.

We have also listed smoke free restaurants located in the Lake Hills area in the interest of promoting healthy living. By taking care of yourself, you are taking care of your community.

Get started today and feel the immediate rewards of a healthy lifestyle.

Happy Trails,

Connie Marshall
Mayor on behalf of
Bellevue City Council

Dr. Alonzo Plough
Director and Health Officer
Public Health-Seattle & King County

Park Pointers and Exercise Tips

- Consult your physician before beginning any exercise program.
- Exercise every day!
- Invest in comfortable shoes.
- Smoking is prohibited in the Lake Hills Greenbelt.
- Stay on designated trails, sidewalks and crosswalks.
- Encourage friends and family to join you in exercising.
- Take time to learn about Bellevue's early history and wildlife.
- Keep your pets on a leash at all times and pick up after them.
- Enjoy the fresh seasonal produce available for purchase at designated park produce stands.
- Remember, parks are open dawn to dusk.

For more information contact Bellevue Parks & Community Services at 425-452-6855 or www.cityofbellevue.org.

For more health tips visit the Public Health - Seattle & King County website at www.metrokc.gov/health.

To participate in local walks contact the American Volkssport Association, Northwest Striders at www.ava.org.

Alternative formats available upon request by phoning 206-296-9756.

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Smoke-Free Restaurants

We would like to take this opportunity to thank the following restaurants in the Lake Hills neighborhood for voluntarily providing a 100% smoke-free environment. In doing so, they are protecting both their employees and their customers from the negative health effects of tobacco smoke. Tobacco is the single most preventable cause of death in King County as well as in the nation, and second-hand smoke falls close behind as the third most preventable cause of death. It is important for restaurant owners, workers and customers to take a stand against exposure to second-hand smoke. A smoker can always go outside to smoke, but a non-smoker can't go outside every time they need to breathe. Show your support for smoke-free restaurants and help improve the health of your community! For more information about smoke-free restaurants and entertainment please call the Tobacco Prevention Program at 206-296-7613.

- | | |
|--|--|
| 1 Best Wok
19 -148 th Avenue NE
425-747-7031 | 6 Liebchen Delicatessen
523 -156 th Avenue SE
425-746-7810 |
| 2 Tuna House
15015 Main Street #101
425-746-0123 | 7 Guerrero's
15015 Main Street
425-564-8511 |
| 3 International Deli
15015 Main Street
425-865-0439 | 8 Toshi's Teriyaki
519 - 156 th Avenue SE
425-562-2973 |
| 4 Café Buongiorno
509 -156 th Avenue SE
425-641-3356 | 9 Subway
15015 Main Street
425-641-7629 |
| 5 Starbucks
15015 Main Street
425-378-9496 | |



Tobacco Quit Line 1-877-270-STOP or www.quitline.com

This brochure was funded by the Smoke-Free Coalition of King County.

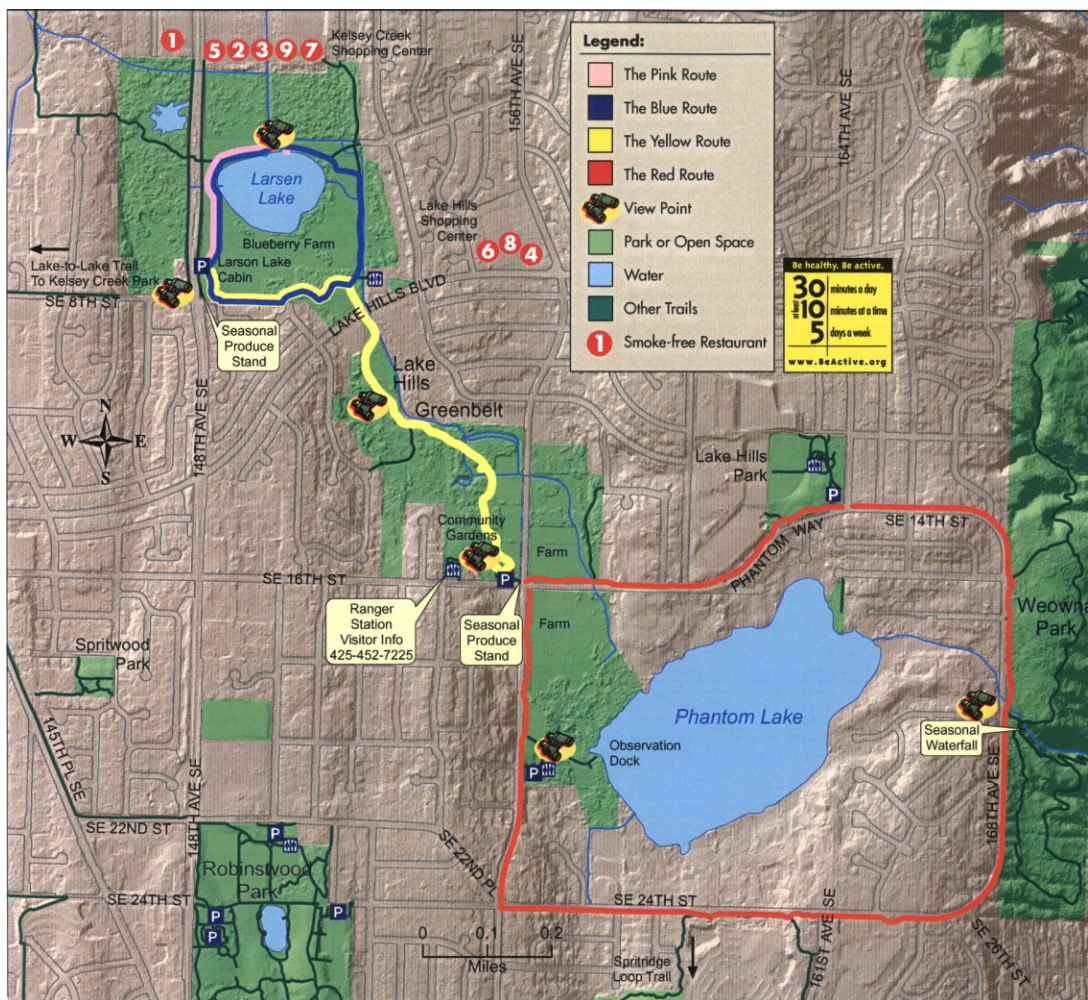
LAKE HILLS GREENBELT WALKING MAP



www.cityofbellevue.org

Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

City of Seattle King County



Walking Routes

This map identifies low to moderate walking routes ideal for family and individual outings. All routes highlight interesting historic and natural park features located within the Lake Hills Greenbelt. The Lake Hills Greenbelt is a 151-acre fresh water wetland park that is managed by the Bellevue Parks & Community Services Department to provide multiple public benefits including wildlife habitat, water quality, land use buffering, historic preservation and passive recreation. As you venture along these trails, you'll see and experience some of Bellevue's last remaining farm lands, pristine wetlands, forests, lakes, community gardens and a historic pioneer cabin. As you exercise, take time to read the interpretive signs, view wildlife, and imagine Bellevue's past. Trails are wide and accessible to strollers, bicycles and wheelchairs.

Larsen Lake Dock — The Pink Route 20 minutes

Ideal for people just starting out. This trail begins at the Larsen Lake Blueberry Farm located at 700-148th Ave SE. You will begin at the Historic Larsen Lake Cabin, built by pioneer Henry Thode in the 1890's. Along your way, you will walk on a soft trail through the fields of blueberries planted by farmers in the late 1940's, then along the Larsen Lake Trail to the dock. You may continue on the blue loop to add time and distance, or return.

Larsen Lake Loop — The Blue Route 30 minutes

Begin the pink route and continue around Larsen Lake. You will see blueberry fields, wetlands and forested areas. The Lake Hills Library is also located along this loop.

Lake Hills Greenbelt Trail — The Yellow Route 1 hour

This flat wide trail begins at the northwest corner of 156th Ave SE and SE 16th, just east of the Community Garden parking lot. The trail leads you north through agricultural fields where crops have grown for over 100 years. The trail weaves through wildlife habitat areas created in partnership with the Washington State Department of Fish and Wildlife. The route crosses Lake Hills Boulevard. Make a left turn at the first trail intersection, then head east to the Larsen Lake Cabin. You can return, or to add distance, continue north on the blue loop route. Be sure to visit the King County Master Gardener, Urban Demonstration Garden located just off the parking lot on SE 16th St.

Phantom Lake Walkway — The Red Route 1 1/2 hours

The Phantom Lake Walkway Loop is a longer walking route with some inclines. There are no short cuts once you begin this loop as it does loop around Phantom Lake. The walkway follows both park trails and neighborhood sidewalks along 156th Ave SE, SE 16th St., 168th Ave SE, and SE 24th St. Traveling along the walkway, you will visit several Bellevue Parks including the Lake Hills Community Park and Weowna Park. Weowna Park provides an ideal resting spot as one can enjoy a seasonal waterfall that cascades through a pristine upland forest.